

08'-09'--BILL ROBERTS - (TUES.-THURS.) PUSH-UPS [3rd SEMESTER]

#S	02.24.09 Wk#1	02.26.09 Wk#1	03.03.09 Wk#2	03.05.09 Wk#2	03.10.09 Wk#3	03.12.09 Wk#3	03.17.09 Wk#4	03.19.09 Wk#4	03.31.09 WK#5
1									
2	65								
3	37								
4									
5									
6	37								
7	36								
8	37								
9	30								
10	49								
11	33								
#S	02.24.09 Wk#1	02.26.09 Wk#1	03.03.09 Wk#2	03.05.09 Wk#2	03.10.09 Wk#3	03.12.09 Wk#3	03.17.09 Wk#4	03.19.09 Wk#4	03.31.09 WK#5
12	36								
13	21								
14	42								
15									
16									
17	16								
18	23								
19	26								
20	46								
21	20								
22	51								
23	39								
24	45								